



# Fall INTO FITNESS

September 1<sup>st</sup> – November 30<sup>th</sup>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>10:30-11:15am:</b> SS Shallow Splash w/ Sandy</p> 	<p><b>8:45-9:45 am:</b> SS Chair Yoga w/ Sandy</p> <p><b>9:30-10:30 am:</b> SS Yoga w/JoAnn</p> <p><b>11:00-11:45 am:</b> Deep water Arthritis w/ JoAnn</p>	<p><b>9:15-10:00 am:</b> SS Classic w/JoAnn</p> <p><b>10:30-11:15 am:</b> SS SS Shallow Splash w/Sandy</p> <p><b>11:45-12:30 pm:</b> Shallow Arthritis w/Sandy</p> <p><b>6:15-7:00 pm:</b> Deep water cardio w/JoAnn</p> <p><b>7:00-8:00 pm:</b> All Levels Yoga w/ Mary</p>	<p><b>8:45-9:45 am:</b> SS Chair Yoga w/ Sandy</p> <p><b>9:30 – 10:30 am:</b> SS Yoga w/JoAnn</p> <p><b>11:00 -11:45 am:</b> Deep water Arthritis w/ JoAnn</p> <p><b>7:45-8:30 pm:</b> Shallow Splash w/Sandy</p>	<p><b>9:15-10:00 am:</b> SS Classic w/JoAnn</p> <p><b>10:30 – 11:15 am:</b> SS Shallow Splash w/Sandy</p> <p><b>11:45-12:30 pm:</b> Shallow Arthritis w/Sandy</p> <p><b>6:15-7:00 pm:</b> Deep water w/Steph</p> <p><b>7:00-8:00:</b> All Levels Yoga w/ Mary</p>	<p><b>9:30 – 10:30 am:</b> SS Yoga w/JoAnn</p> <p><b>11:00 -11:45 am:</b> Deep water cardio w/ JoAnn</p>	<p><b>10:30 – 11:30 am:</b> SS Yoga w/JoAnn</p> <p><b>10:30-11:15 am:</b> Shallow Water w/ Steph</p> 

**\*SS= Silver Sneakers Class\***

**All classes are subject to cancellation. Please contact (216) 351-5334 for more information.**